



Sunday, November 6, 2005

"Dig in Your Heels"

**A 5k Run / 5k Walk / Family Fun Walk
to benefit the Washington Youth Garden
"Growing Green Dreams"**

Make Checks Payable to:
WYG (Washington Youth Garden)

Mail to:
Washington Youth Garden: Dig in Your Heels
U.S. National Arboretum
3501 New York Avenue, NE
Washington, DC 20002



Questions/information: FONA office 202.544.8733
or email: growinggreendreams@ncafgc.org

A project of the National Capital Area Federation of Garden Clubs (NCAFGC)
Friends of the National Arboretum (FONA)
Slow Food, DC, and the U. S. National Arboretum (USNA)
Sponsors will be listed on www.ncafgc.org and displayed at the event.

Registration Form

Dig in Your Heels A 5k Run / 5k Walk / Family Fun Walk to benefit the Washington Youth Garden “Growing Green Dreams”

Sunday, November 6, 2005

R Street Gate Opens at 7:00 AM
Registration Check-in Begins 7:15 AM
Warm-up With a Sports Celebrity
Ribbon Cutting 8:00 AM

First Wave Runners 8:05 AM; Second Wave Walkers 8:10 AM
Morning Family Fun Walk — wagons, strollers welcome

Pre-Registration Fee:

\$25/adult; \$10/child; \$25/family

Circle One: 5k run 5k walk Fun Family Walk

Walk-in day of run — Run/Walk Fee:

\$30/adult; \$10/child; \$25/family

Free to participants in
the Growing Green Dreams Program
Sponsor a child or two or a family in the program
\$10/child or \$25/family

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I would like to become a sponsor: \$_____

My check for \$_____ is enclosed.

Name_____

Address_____

City_____State_____Zip_____

Phone_____Cell_____

Email address_____

Names of Children (with ages)_____

Your registration fee includes an event T-shirt, snacks, and water.

Release and Waiver:

I am aware of and will assume all risks associated with this run/walk event including falls, contact with other participants, the effects of weather and the conditions of the course. Having read this waiver and knowing these facts and in consideration of acceptance of my entry on behalf of myself, the families and children participating, I release the organizers of this event, volunteers, and sponsors from all claims and liability of any kind arising from participating in the event. I grant permission to use photographs, videotapes, or any other recording of this event for promotional purposes.

I HAVE READ THIS RELEASE WITH THE UNDERSTANDING THAT I AM
ENTERING THIS EVENT AT MY OWN RISK.

Signature_____

Date_____